



# **SOUTHAMPTON CITY FARM**



# **IMPACT REPORT**

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# **2020 - 2021**

# INTRODUCTION TO THE FARM

Compassionate	Patient	Humble
Joyful	Honest	Hopeful
Considerate	Forgiving	Self-controlled

Southampton City Farm is part of Oasis, a national charity focused on “transforming communities” through inclusive and accessible activities that improve the lives of individuals, increase community activity and improve community cohesion. Through our work, we aim to implement and teach the oasis 9 habits (seen above) in our everyday activities.

Southampton City Farm offers a range of activities, which include:

- A day service for adults with different abilities
- School visits from nursery through to secondary education
- Weekend opening to the public
- Weekend Birthday parties
- Holiday activities
- Farm festivals throughout the year
- Education visits for community groups including Scouts/Brownies and Young Carer’s groups
- Day visits for Care groups and Nursing homes to the farm to benefit from the therapeutic engagement with our animals
- Specialist one-to-one sessions with individuals with complex needs or at risk of exclusion from an education setting
- Community events

The Farm was formed in 1992 and was the amalgamation of Southampton City Farm and Millbrook School Rural Science Unit which became Down to Earth Farm. It has been a City farm since 1976, with a horticultural route for the site dating back to 1936. In 2008, Oasis Community Learning (part of Oasis Academy Lord's Hill), took over the running of the farm from Southampton City council. In 2020, the farm changed its name back to Southampton City Farm.

The farm tends to Approx. 1.2 hectares of workable land alongside the community building and other buildings which facilitate the programs we run throughout the week. The land is mostly devoted to grazing areas for the animals, with a horticultural area at the western end of the site, where we grow a diverse crop to feed the animals and to provide ingredients for the kitchen.

# OUR COMMUNITY



The local area is in the most at risk category of social isolation in adults and young people with **1 in 4 adults** experiencing mental health illnesses in the city (above the national average).

Southampton City Farms surrounding community is in the **10%** most income deprived areas of the country.

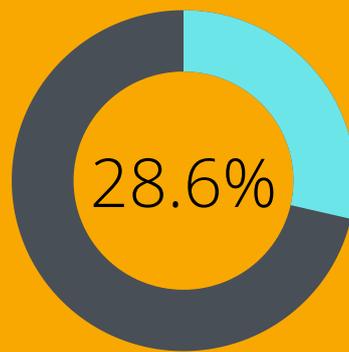
Southampton has residents from 55 different countries, and 22% of adults and 37.2% of young people classing themselves as not white British.



A higher percentage of residents who have a learning disability live in Redbridge

When the prevalence of depression is examined at sub city level using the administrative computing group database, Redbridge ward (the ward we are based in) had the highest prevalence of depression in the city (registered patients aged 15+ years).

Disabled people are 28.6 percent less likely to be in employment than non-disabled people in the city



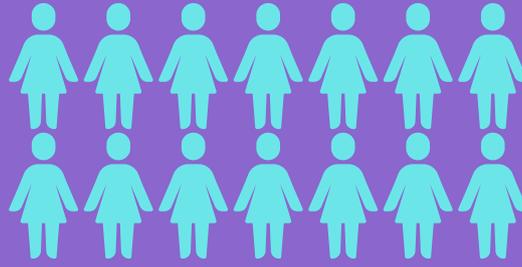
There is over 50,000 young people in the city aged 0-17, and 19.4% of those young people have Special educational needs (SEN).



*Risk factors that are linked to poor mental health in our community include deprivation, physical health, and social isolation. We aim our affordable services to people most in need in our community through targeted advertisement connections with local schools, and offering accessible volunteering opportunities. We are also working on building life skills across all areas of the farm, focusing on resilience and confidence building. This is so that service users and volunteers acquire life skills from the farm.*

# Our year in numbers:

560 hours of activities for our learning disability service users



14 learning disability individuals supported throughout the pandemic



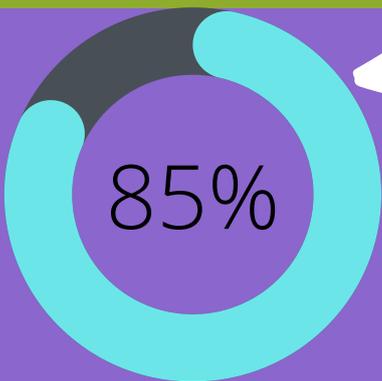
We provided 2,800 hours of support to our community in total during 2021



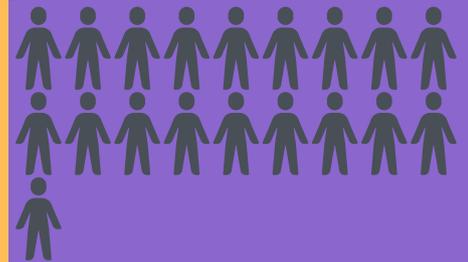
We have had a reach of 97.8k people through our Facebook posts during 2021



We welcomed 19 new volunteers onto our city farm in 2021



85% increase in volunteering on the farm from 2020 to 2021



We had 3,826 visitors during 2021



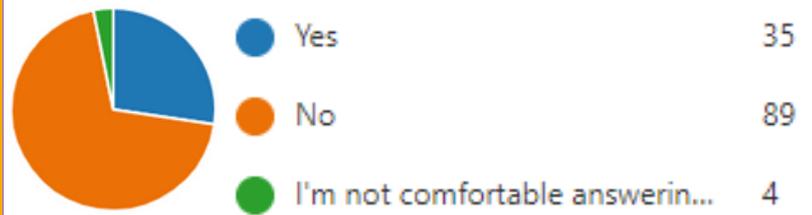
We have delivered 616 hours of activities to young people with Special Educational Needs in 2021

\*Based on a survey in 2021 (137 people filled this out)

# Our Impact

## HOW MANY INDIVIDUALS IN THE COMMUNITY HAVE A MENTAL ILLNESS?

**27%**  
said they have a  
mental illness



## WHAT LIFE SKILLS HAVE OUR VISITORS LEARNT WHILST ON THE FARM:



The top 3 life skills learnt on the farm are  
**Communication, Participation, and  
Team work**

## HOW MANY OF OUR VISITORS LEARNT IMPORTANT SKILLS WHICH THEY HAVE TAKEN FORWARD TO USE IN EVERYDAY LIFE?

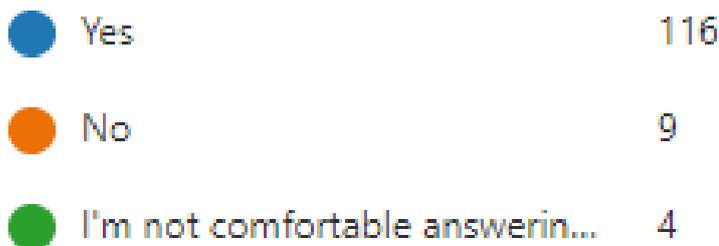


**71%**  
of our visitors said  
they had learnt an  
essential life skill

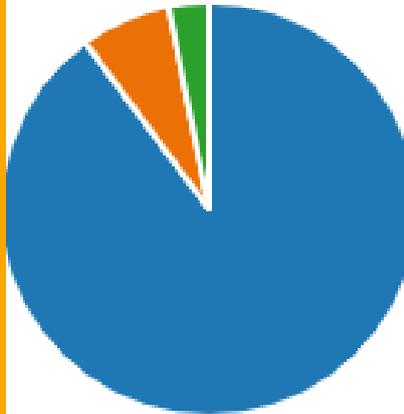
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# Our Impact

## HAS THE VISITORS TIME ON THE FARM IMPROVED THEIR MENTAL HEALTH?

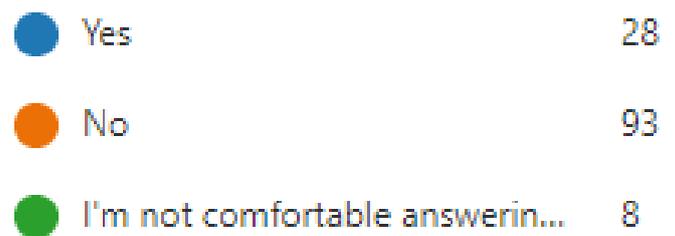
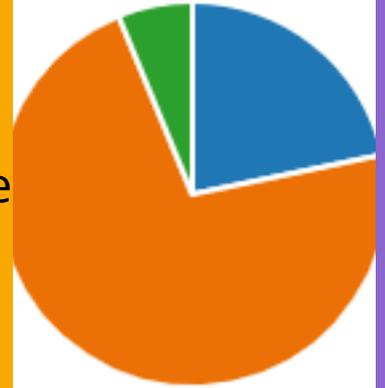


**90%** of our followers have said the farm has improved their mental health

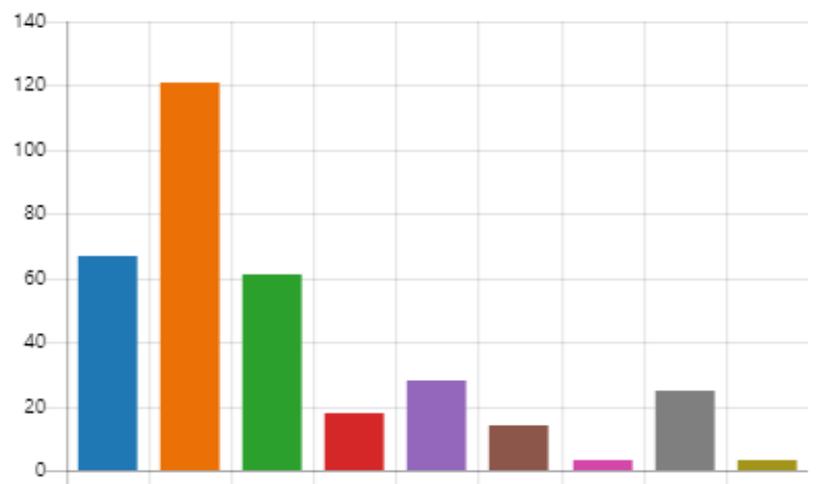


## HOW MANY VISITORS WOULD CLASS THEMSELVES AS SOCIALLY ISOLATED?

**22%** of our followers have said they are socially isolated



## HAS THE FARM HELPED OUR VISITORS TO LEARN ABOUT ANY OF THESE SUBJECTS?



The farm has taught the majority of our visitors about **The Environment, Animals, and Gardening**

\*Based on a survey in 2021 (137 people filled this out)

# Our Impact

## HOW HAS THE FARM REDUCED OUR VISITORS SOCIAL ISOLATION?

community and the animals animals and plants

MEET OTHER PEOPLE people and animals

genuine feel helps

feel of inclusion farm **people** animals free time

different people place

families

feel minded people

VARIETY OF PEOPLE

disabled

young people

volunteers there and other families

## HOW WOULD OUR VISITORS LIVES BE DIFFERENT IF THEY WERE UNABLE TO ACCESS THE FARM?

I would be left with a big hole in my life. Being a part of the farm community is very important to me. I feel like I have somewhere to belong, where I can help make a difference.

Until very recently we didn't have a car so it was the only place my daughter got to see other animals etc. Esp as it's accessible by public transport- it's our fave place to visit together

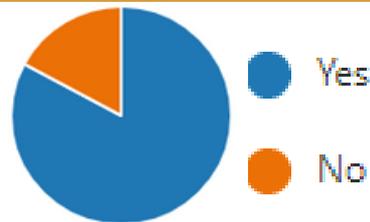
It's my sanctuary. My place to go when feeling low, in a dark place. The team have got me through some bad times . Without the farm, my life would be very different

I wouldn't have got my job in a special needs school without the experience I gained with adults and young people with SEN at the farm.

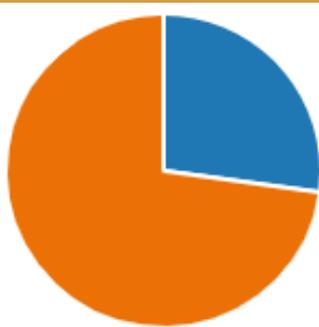
# Our Impact

**HAS THE FARM BEING SITUATED IN THE MIDDLE OF THE CITY ENABLED VISITORS TO ACCESS AN OUTDOOR SPACE/ANIMAL BASED ATTRACTION THAT THEY WOULDN'T OTHERWISE BE ABLE TO ACCESS:**

**83%**  
have said being based in the city has given them access to an outdoor space



**HAS VISITORS EXPERIENCE ON THE FARM LED TO ANY OTHER VOLUNTEERING OR PAID EXPERIENCE?:**



Yes

34

No

91

**27%** said that their experience on the farm has led to further work opportunities

**DO VISITORS FEEL LIKE THE FARM IS A SAFE SPACE TO EXPRESS THEMSELVES?**

**94%**  
of visitors have said the farm is a safe space to express themselves



**DO VISITORS FEEL THAT THE PRICING OF THE FARMS ACTIVITIES MEANS THEY CAN ACCESS THE SERVICE BETTER?**



**90%**  
of visitors have said the pricing of our activities have meant they can access us better

# Case Studies



At the age of 20, Andy was in a serious car accident which left him with a brain injury which effects his walking, weakness in the left side of his body, speech, and filtering information.

Andy had to undergo serious rehabilitation after his accident, and during this time he discovered animals. He was based at a rehabilitation centre on a farm, and found a love for working with them, which led to Andy finding our charity.

Andy has now been on our farm for 5 years and visits every Friday. Andy helps with pretty much everything on the farm, from building bird houses, to mucking out our animals.

All the activities he takes part in have a focus on helping him relearn filters, learning essential life skills, and building up his core strength (especially on his left side).

Andy described the impact the farm has had on his life as “it has made my life better by enabling me to make friends and learning skills which I use most days. This includes woodwork, cooking, and physical jobs with the animals. I wouldn’t change the farm for anything, I love it here, and its just like a second home”.

# Case Studies



Louise (20) started volunteering on our farm at the age of 15 and has been here ever since! Louise found out about the farm from her mum, who at the time was looking to find a place that would support her daughter to engage with people and leave her bedroom, as she struggles with severe anxiety. Louise's anxiety impacts her everyday life, meaning she struggles to leave the house, and struggles to talk to anyone. The farm has been a safe space for Louise to come where the people are supportive, and the animals provide a therapy-based opportunity to combat her mental illnesses.

Louise adds "I have been at the farm for 6 years now, and it's the best thing that's ever happened to me. It has saved my life and I'm completely different person now because of it. I talk to people and have a real purpose to get out of bed each day. I have gained lots of confidence within myself. My favourite things to do on the farm that has helped is looking after the animals and socializing with people I now call my friends, thanks to the farm. I wouldn't have any friends otherwise. Its safe to say, without the farm, I wouldn't be here".

# Quotes

It's the lungs of the city. An oasis of calm.



It has allowed me to gain friends while also gaining confidence. Volunteering has allowed me to gain jobs as well.

The farm is a special, unique and immensely important community space. It's role in society should not be underestimated.



The farm has saved my life and continues to everyday. My safe place. The farm has given me hope.

Gives me somewhere to be myself and enjoy local farm experiences that otherwise I wouldn't have as a release to help my mental and physical health needs



The farm means a lot to us and our children. It is a little haven in the middle of a busy city, a place to stop and just be.

The Farm has taught me so much, and meant I could get through difficult periods of my life.

My answers on this survey really don't convey what value the farm has to us. My son is autistic. Before he was diagnosed, the farm was one of the few places he could come, just be accepted and not "fail"

The City Farm means friendship & acceptance in lovely surroundings for me in my wheelchair. I also follow The City Farm activities on social media all year round so I still see the lovely staff, visitors & animals no matter the weather.



We love the farm. It is a brilliant resource for kids to interact and learn to respect and care for animals and to discover unusual fruit and vegetables (we are fascinated by the loofahs).



A calming space for families in the heart of the community.



The farm gave me experience, the staff and other volunteers taught me so much valuable information and it led to me receiving paid work in the career I dreamed of with animals. I owe it to them taking a chance with me.

# OUR YEAR IN PHOTOS:

